

A MEATLESS MEAL can be memorable one when a dish such as Almond Deviled Crab is the piece de resistance. Good go-alongs are warm dinner rolls and an accompaniment of orange slices on salad greens.

TO BE DEVILED

Specialty of the House  
Includes Almond Crab

Being such a wholesome food, almonds are often a main ingredient in meal-in-one dishes on the order of elegant Almond Deviled Crab.

Here's a specialty you shouldn't hesitate to serve the most demanding guest. It figuratively beckons everyone to have a gourmet-good time at the dinner table.

Individual ramekins — or baking seashells if you have them — are filled with a delicious mixture of crab meat, celery, green pepper, chopped eggs and instant minced onion in a creamy sauce and then topped with bread crumbs, grated cheese and almond slivers.

Pop them into a hot oven and serve with warm dinner rolls and an accompaniment of orange slices on salad greens with breadsticks.

Meatless main dishes like Almond Deviled Crab may be enjoyed on a year-round basis. They supply flair for a menu — and the almonds provide nutritive assets to round out a well-planned meal.

No Tears Here!

Instant minced onion saves time and tears and adds flavor interest to countless dishes. Sprinkle a little into cooked vegetables with butter to perk up appetites.

Almonds possess as much body-building protein as lean meat, milk or eggs, and they are strong in B vitamins, calcium and iron.

Eaten as snacks, these nuts are true energy-boosters, too.

ALMOND DEVILED CRAB

- 3 hard-cooked eggs
- 3 tbs. butter
- 3 tbs. flour
- 1½ cups milk
- ¼ tsp. salt
- 1 can (7½-oz.) crab meat, drained
- ½ cup sliced celery
- ½ cup chopped green pepper
- 1 tsp. instant minced onion
- 1 tbs. lemon juice
- ¼ cup buttered soft bread crumbs
- ½ cup grated process Swiss cheese
- ½ cup blanched slivered almonds

Chop eggs coarsely, melt butter in saucepan; blend in flour. Gradually stir in milk and salt. Cook, stirring constantly, until thickened.

Stir in crab meat, green pepper, onion, lemon juice and eggs. Divide into 6 individual ramekins or baking shells.

Combine bread crumbs, cheese and almonds; sprinkle over crab meat mixture.

Place ramekins in pan of shallow hot water and bake at 400 degrees for 20 minutes, or until crumbs and almonds are lightly browned.

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Bread Adds Own Value to Protein-Rich Dishes

Lining up an attractive assortment of main dishes is really no problem when you have entrees in your recipe collection as all-encompassing as this one for a combination of shrimp and beans.

The meal's seafood, vegetable and bread requirements are all taken care of in this single protein-rich casserole. Shrimp, beans and mushrooms with bread cubes are baked in a creamy sauce perked up with Parmesan cheese and white wine.

The beans on top of the casserole provide refreshing springtime color and croutons sprinkled over the dish give delightful texture.

With this suggestion taking top spot on the menu, you might round out dinner with a lettuce and tomato salad and chilled fruit with a topping of flaked coconut for dessert.

This won't be a costly meal

but it will be an appetizing one.

SAUCY SHRIMP AND BEANS

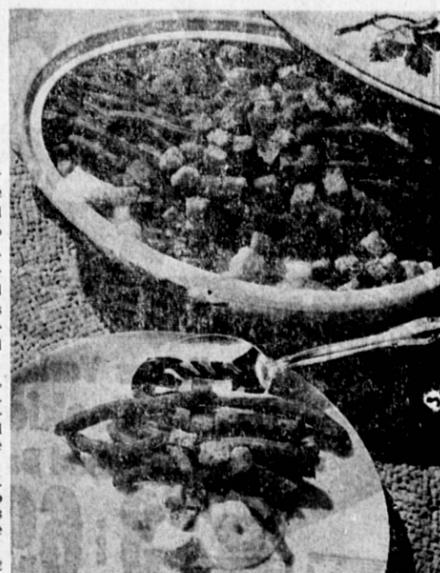
- 1 can (1 lb.) whole green beans
- 1 can (4 oz.) button mushrooms
- ¼ cup butter
- 2 tbs. flour
- ½ cup white dinner wine
- Milk
- 1 tbs. instant minced onion
- ½ tsp. salt, ½ tsp. pepper
- 1 egg, slightly beaten
- Dash each Tabasco, Worcestershire
- 1 lb. cooked shrimp
- 2 cups Wonder Soft Whirled bread cubes
- ¼ cup grated Parmesan cheese
- 2 tbs. butter
- 1 cup Wonder Soft Whirled bread cubes
- ¼ cup grated Parmesan cheese

Drain beans and mushrooms, reserving liquid. Saute mushrooms in butter until golden. Push mushrooms to one side of pan; stir in flour. Combine bean and mushroom liquids with wine and enough milk to make 1½ cups liquid. Stir into butter-flour mixture; cook until thickened and smooth.

Blend in onion, salt, pepper, egg, Tabasco, Worcestershire. Turn into greased 2-quart casserole. Stir in shrimp, bread cubes and ¼ cup cheese. Place beans on top.

Sprinkle with croutons. Bake at 350 degrees for 30 to 35 minutes, until casserole is bubbly and croutons are browned.

To make croutons: Melt 2 tbs. butter in small saucepan. Toss 1 cup soft bread cubes and ¼ cup grated cheese with butter until cubes are well coated. Ingredients listed above.



THIS MEATLESS ENTREE is a protein-rich casserole containing the meal's requirements of seafood, vegetables and breads. The beans on top provide refreshing springtime color and croutons give delightful texture. Add a salad and dessert and your meal is complete.

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